



EXPEDITION SKILLS

OUTDOOR COUNTRY CODE/LEAVE NO
TRACE PRINCIPLE

WEEK 3

We are very lucky in Scotland to be able to wander around and enjoy our countryside. It is beautiful!

There are very few restrictions on where we go, but that is because there is a Code that we must ALL follow. When you go out on Expedition, you will be out in the countryside and it is important that you follow this code.

The Outdoor Country Code is a set of guidelines that help us respect our countryside and keep it healthy and looking beautiful.

- It is important to understand this code and to
- Plan ahead and be prepared for your Expedition
- You should know the area you will visit: Which path and where the path leads, if there are roads that need to be crossed, and where the toilets are located
- You should also take bags and other containers to use for removing waste and leftover food

Leave No Trace Principle is the idea that you leave the countryside looking as it did before you arrived. It should be as if you were never there!

On the right is The Outdoor Country Code Guidelines, along with how to follow the Leave No Trace Principle with some helpful pictures.

Please review this and complete the Quiz at the end to show me that you have understood and can follow this code when you are out and about during Expedition



1. Don't Drop Litter

This may seem obvious, but tons of litter is left out in our countryside every year, which not only looks bad, but it can harm our environment too. Our waste can poison animals and the land. Plus, who wants to wander around a beautiful area of Scottish countryside and see bags of rubbish by the path? No one! **Leave No Trace!**

It might be a good idea to remove extra wrapping on food before you go, and it means less weight too. If you have rubbish when out on Expedition (and you all will), you need to keep it bagged and either:

- Take all your rubbish with you when you leave
- Find an appropriate rubbish bin and put it in there

2. Take Care on Roads:

Again, this may seem obvious, but country tracks and roads are sometimes narrow and have sharp bends. When out on Expedition, you might not see a car coming, or they might not see you in time to avoid you.

When on Expedition you will know where you are going and where there will be roads that need to be taken or crossed. Please follow these rules when it comes to roads:

- When you get to a road: **Stop, Look, and Listen**. Sometimes cars travel very fast on country roads, so you may hear them before you see them. Electric cars are quiet, so be especially aware.
- In a group, the Navigator should let the group know where they are going at each road crossing.
- Walk **single-file** if walking on roads
- **Do Pay Attention** (Concentrate). If you are chattering, you won't hear cars coming.
- Generally, you should walk on the **RIGHT-hand** side of the road. This is because cars drive on the Left-hand side of the road. Walking on the **Right** helps them, and you see each other.
- If there are sharp bends in the road, it may be safer to cross over to the opposite side of the bend in the road to be seen and to see.

3. Leave Gates as you Find them:

- If you Open a gate, please Close the gate once you have gone through. **OPEN → CLOSE** – This gate was closed for a reason, so we all need to make sure we keep things as they were when we found them.
- If you see that a gate is already Open, it is best to leave it open. This may be because there are animals that need to go from one field to the next. The only time you may want to close it is if you see animals are next to a road and may get onto the road. Then it is best to close it.
- Pay attention to **Signs on Gates**. If there is a sign asking you to keep it open or that there are animals in a field and to stay out, please follow these instructions.

Leave No Trace!



LEAVE NO TRACE

4. Toilets:

We all have to go at some point! It is important that our waste does not contaminate anything in the countryside (land, water, wildlife). So here are the guidelines for our toilet needs while out on Expedition.

- You Must be at least **70 metres away from any water**. This is to make sure that your waste does not enter water that may be used for drinking. Animals can get sick from our waste if it is in water they drink, but we can also get very sick from our waste in water we drink. Who wants to drink water with poo in it?! **Yuck!**
- Speaking of **Poo**, if you need to do a number 2, please dig a hole (you will have a shovel) at least 15 cm deep and make sure your poo is in that hole! Cover over completely!
- Toilet Paper (loo roll) does not break down easily, so it is important that we do one of the following with it: Place it in our nicely dug poo hole and Burn it before covering over the hole. Spread it out thinly with a stick in the hole before covering the hole completely. Or place it in a bag and take it out with us, to be placed in a proper rubbish bin later.
- Most of you will be on Expedition on routes that have public toilets, if so, please use those

Always 'Go' before you go out on Expedition.

5. Erosion:

Erosion is when the land starts to break down. For example, you might see two tracks where a vehicle has driven that are worn down to dirt with a grassy strip in the middle and on either side. Where the tires have driven is erosion. It is important when on any path, to stay on the path so that we only wear down the part we are meant to walk on. **Stay on the Path!**

- **Walk Single-file** where possible, this keeps the damage to a minimum.
- Where a path is wide enough for two people to walk side by side, you may do so, otherwise walk single-file, you don't want to widen any paths.
- The sides of paths can have beautiful wildflowers and other plants that are important for wildlife, so please do not walk on them. You may accidentally steps on a bug or other small creature or destroy a rare plant.

Leave No Trace!



6. Animals:

There are both domesticated and wild animals out in the countryside. It is Very Important that we respect them All.

Domesticated Animals (Farm) are: Cows, Sheep, Llamas and Alpacas, Chickens/Turkeys, and Pigs. There are others, especially on farms, so please be aware of them.

- Cows in a field can be very dangerous, especially if they have babies (calves). Cows have been known to stampede (run at you) if they feel threatened and especially if you get between a mum and her baby.
- So, please DO NOT enter fields where there are herds of cows, see if you can go around. If you can't go around that field, then please stay as far away as possible from the cows and next to a fence that you can jump over if needed.

Wild Animals are: Birds, Fish, Deer, Hedgehogs, Rodents, and so many more.

- Please Keep the Noise Down. You may disturb nesting birds or other animals. Remember that the countryside is the home of the animals and we Must Respect Their Home
- Please Do Not Disturb any animals you may see. Taking pictures is a great way to capture the moment, but do not go up to or touch any wild animals.
- Do Not Feed any wild animals in the countryside. You don't know what can make them sick.

7. Washing Up:

When on Expedition you are expected to cook one meal a day. This means that you will have washing up to do. It is important to not pollute water, just as it was important to not put our bodily waste into water.

Streams/Lakes: Please Do Not wash up in streams or lakes.

- You may gather water from the nearest water course and use it to wash out your cooking equipment, but Do Not put the used water back into any watercourse. Pour it onto the ground.
- Use only mild soaps and use very little. Do Not put any soap into any water course.
- Remove All food from cooking equipment before washing: Put it in a bag to take away with you (to be put into a proper bin later) or dig a hole and cover the food waste completely. NEVER pour wastewater back into a stream, lake or other watercourse. Pour onto the ground.

Leave No Trace!

LEAVE NO TRACE

9. Campfires:

Campfires are great when out on Expedition. They provide light and warmth and provide a great place to sit around with your group. However, **we must be very careful with any fire** since it can be very destructive! Follow any signs restricting fires (especially during hotter months)

- It is always best to only make a campfire in **purpose-built fire pits**. This is because they are located in safe areas and are built to contain the fire so it doesn't spread.
- Keep Fires small
- Do Not throw anything onto the fire (such as: tissues, plastic, or waste).
- Only burn fallen or wood provided by the campsite.
- Burn ALL wood to ash
- **Make sure the campfire is put out completely!** Sand is good, but water is best. Do not leave a fire smoking or burning **Ever!** Make sure there is no trace of a fire left before you leave the site.

Leave No Trace!

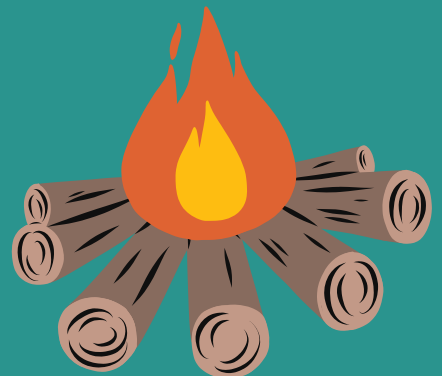
10. Be Considerate:

This is another point you may think is obvious, but we all know that one person who likes to be a bit loud or play their music so loud others can hear it! It is very important that we all **Respect Each Other** when out in the countryside.

Keep noise to a minimum. This can be talking or other noises.

- There are other people trying to enjoy the peace and quiet of the countryside, so please respect their right to do this.
- There are animals who call the countryside their home, please respect their home. Loud noises can disturb nesting birds and other animals so much that they can become ill or leave their young.
- Take breaks and camp away from others. This way you can avoid disturbing anyone else while you have a quiet chat to each other.

Love and Respect Our Countryside!





Well Done!! Now that you have learned about the Outdoor Country Code and the Leave No Trace Principle, you can take the Quiz!

Outdoor Country Code/Leave No Trace: QUIZ

1. What is the Outdoor Country Code?
2. What does it mean to Leave No Trace?
3. What should you do with your rubbish? (Name 2 things)
4. What are 3 things you should do when you must cross a road on Expedition?
5. What side of the road should you walk on if you must walk on a road? What should you do when there is a sharp bend in the road?
6. Why is it important to shut a gate that was closed before you went through it?
7. How far from a water course (river, stream, or lake) should you be before going to the toilet?
8. How deep a hole should you dig for poo? What should you do with the poo and loo roll?
9. What is the word used to describe wearing down of the ground by walking on it? Where should we always try to walk?
10. What 2 types of animal groups do we find in the countryside?
11. Why can cow herds be dangerous? What should we do to avoid upsetting any animal?
12. What should we do with food waste before we wash up? What should we Never Do with our wastewater?
13. What should we take pictures of rather than touch or disturb?
14. What are 3 things we should do with campfires? Where is it best to build a campfire?
15. Lastly, how should we treat other people we might meet in the countryside?